

Title

Top 5 Breathing Exercises For Stress & Depression relief; Mind Healing

To make life healthy and free from diseases you have to do certain exercises daily or your life should be such that there would be physical workout to match with the exercise. Generally today working-class people have such routine of work in which we do not do much physical work which have direct effect on our body in the form of dis-functioning of certain neurons in the body. Some of these turn out to take the form of cancer. To cope up with this situation, Private as well as Some organizations, run exercise programs to make people fit and healthy. These classes are scheduled daily for Non-working class and on weekends for work class people.

In the 21st century people are much aware then before on the importance of physical workout. Breathing exercises are equally important as physical exercises. [Breathing exercises for stress](#) and tension relief are becoming important part of daily. Our hectic work schedule and stress due to competition to move ahead of other competitors in the field of education, Company, or Social Debates makes us mentally distressed. Some of the Breathing exercises which people do for stress and tension relief are Anulom Vilom pranayama, Bhramari pranayama, Bhastrika pranayama, Slow deep breathing exercise, etc. are to name a few. There are no side effects of doing pranayama or breathing exercises.

Modern research found that people who does yoga and pranayama, live for long and stay healthy for a long time. This was not disseminated widely until “International Yoga day” is celebrated on 21 June every year.